

# COVID-19 Myths

COVID-19

**Myth 1: You can't get COVID-19 if you are young and healthy.**



**Fact** Anyone can get COVID-19, including you! Make sure that you are practicing social distancing and staying home to look after yourself and your mob.

**Myth 2: COVID-19 restrictions will last for about 4 weeks.**



**Fact** No one knows how long the COVID-19 restrictions will last. It's up to everyone to practice social distancing to prevent the spread of COVID-19. Keep our community safe.

**Myth 3: COVID-19 is the same as winter flu.**



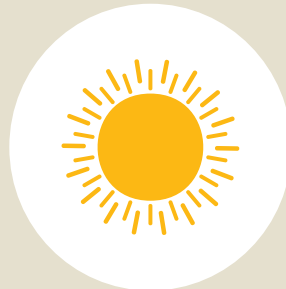
**Fact** COVID-19 can spread more quickly and be more dangerous than the flu. Although there is no vaccine for COVID-19 yet, we can protect our friends and family from the flu by making sure everyone over the age of 6 months gets the flu vaccine each year. Get your flu shot from your local AMS or doctor this winter.

**Myth 4: Everyone should wear a face mask for protection.**



**Fact** Masks should only be worn by sick people and Health Care Workers. Save masks for the people who need them most. If you do need to wear a mask, wear it as instructed by health care professionals. If not used properly, masks cannot reduce the spread of COVID-19.

**Myth 5: Hot weather protects you from COVID-19.**



**Fact** Hot weather and sun exposure do not protect you from COVID-19. The best protection for community is washing hands properly with soap and water for 20 seconds, covering coughs and sneezes, keeping a safe distance of 2 metres (2 big steps away) from other people and staying home as much as possible.

**Myth 6: It's okay to visit friends and family.**



**Fact** You're at risk of spreading COVID-19 to your mob if you visit them. The Government has introduced social distancing rules to keep people safe. Stay connected by having a yarn over the phone or a video call instead.

Let's keep our community safe, strong and healthy.

Please visit [health.nsw.gov.au](https://health.nsw.gov.au) for the latest information on COVID-19.

COVID-19  
SLOW THE  
SPREAD

